



Darien Public Schools

Upcoming Mental Health Events

Out of the Darkness Walk Campus Walk - Darien High School

Sunday April 30, 2023 / 10:00 AM

<https://supporting.afsp.org/index.cfm?fuseaction=donorDrive.event&eventID=9284>

Presentation: Demystifying Resilience in Children and Adolescents

Thursday May 4, 2023 / 7 PM

http://www.darienct.gov/filestorage/28565/28567/29265/Resilience_flyer.pdf

You are Not Alone Mural Event

Saturday May 6, 2023 / 10:30 AM-12:30 PM

<https://thecorbindistrict.com/corbin-cares/>

Yellow Tulip Window Painting Event

Saturday May 6, 2023 / 10:00 AM - 1:00 PM

http://www.darienct.gov/filestorage/28025/28563/2023_YTP_Registration_Form.pdf

Presentation: Dr. Lisa Damour: "The Emotional Lives of Teenagers: Raising Connected, Capable, and Compassionate Teenagers"

Wednesday May 10, 2023 / 7 PM

<https://www.communityfunddarien.org/tytf-programs-and-events>

NAMI Basics Class at The Depot

Tuesday May 16, 2023- Tuesday June 20, 2023 / 9:30 AM-12:00 PM

<https://namict.org/support-and-education/mental-health-education/nami-basics/>

Mental Health First Aid Training

Tuesday May 23, 2023 and Thursday May 25, 2023 / 8:30AM to 1:00 PM

http://www.darienct.gov/filestorage/28565/28567/29265/MHFA_flyer_May_2023.pdf



Recurring Mental Health Programs

Parent Support Groups at The Depot

Every 2nd Thursday of the month / 10:30 AM

<https://dariendepot.com/>